

FLIP OVER FOR BEAUTY BONUS!

Women's Health

**SEXY HAIR,
GLOWY
SKIN**
46 Fresh Ideas
For Spring



HOT & HAPPY

The New Mind-Body
Workout, P. 128

Fitter. Faster.

Tight Butt!
Toned Arms!
Flat Abs!
Our Sane Plan

**HOW COOL
CHICKS LIVE
GREEN**

**End
Allergy
Hell**

Way Better SEX

Toys, Lingerie,
Erotica, Orgasms!

Reader Story!
"How I
Lost 62
Pounds"

Sharing Beer &
Beauty Tips With...

CAMERON!

April 2016

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WomensHealthMag.com

Models and Bottles

These women know a thing or two about skin care—after all, who has more products applied to their face? So it's no accident their new beauty brands share healthy-ingredient values: "When I was doing fashion shows back-to-back, I was really breaking out," says former Victoria's Secret angel Lindsay Ellingson. "My skin cleared up when I started using products without ingredients like parabens—it makes a difference."



KORRA ORGANICS SKIN CARE

Founder: Miranda Kerr
Free of: silicones, sulfates, glycols, synthetic fragrance, dyes
Our fave: Age-Defying AHA Facial Exfoliator sloughs with eco diatomaceous earth (\$60, korraorganics.com).



WANDER BEAUTY COSMETICS

Cofounder: Lindsay Ellingson
Free of: parabens, synthetic fragrance, phthalates, mineral oil
Our fave: The metallic Exquisite Liquid Eye Shadow lends eyes dimension in one swipe (\$26, wanderbeauty.com).



LUMA COSMETICS

Founder: Jessica Hart
Free of: parabens, synthetic fragrance, mineral oil
Our fave: Tinted Moisturizer SPF 15 is rich in brightening vitamin C from pomegranate and rose hip oils (\$25, lumacosmetics.com.au).

Toothpaste for Overachievers

So your dentist says your brushing could be better. Your type A personality does *not* like it. Since even perfect brushers miss buildup at the gum line and between teeth, Plaque HD Professional created a paste that uses plant-based dye to turn plaque teal. (Same idea as the hot-pink tablets your childhood dentist used. Fun!) Brush with the Plaque-Identifying Toothpaste (\$21, plaquehd.com) until the color is gone, and you're in the clear. Prepare no guessing or timing. Prepare to ace your next exam.



The crown jewels in the OPI, Zoya, and Yves Saint Laurent spring polish collections aren't typical pastels—they're sage and olive. Muted sage is a fresh alternative to beiges and tans, while olive is a less predictable sub for moody oxblood. Our top pick? Trust Fund Beauty polish in Well Played (\$15, trustfundbeauty.com). It's vegan, cruelty-free, and 7-free (read: none of the toxins in some nail products)—pretty much green in every sense of the word.



beauty

WHAT'S CAUSING YOUR UNDER-EYE BAGS?

10-SECOND TEST

Close your eyes and apply light pressure to your upper lid, then snap a pic. If your under-eye bag looks more obvious in the picture, the culprit is fat pad herniation, a hereditary fat deposit that worsens with age. No change? It's likely fluid retention or poor circulation. Knowing the difference matters, since applying an eye cream with retinol to a fat pad herniation can irritate skin, accentuating wrinkles and puffiness, says dermatologist Rebecca Kazin, M.D. The best fix is to even out the area with a hyaluronic acid filler like Restylane, though creams with caffeine and peptides can help minimize it. Try First Aid Beauty Detox Eye Roller (\$26, sephora.com).